

McLaren Print System Order

Order No: 48051
Order Date: 2019-08-27
User: susan jackson
Phone: 8103425370

Ship Location: McLaren Pulmonary Rehab
G 3230 Beecher Road lower level
Flint, Michigan 48532,

Brochures
Quantity: 100
Paragon Dept No: 40110
Dept Name: Pulmonary Rehab
Company Number: 60

Order Total Price: 33.32

Item Number: M-2653
Item Description: The Cycle of Debilitation Pulmonary Rehab
Revision Date: 6/2016
Print: 2 sided black and white
Paper: 20# White Text
Size: 8.5 x 11
Fold:
Finish: Staple (Upper Left)
Drill:
Misc Info: 8 pages

The Cycle of Debilitation

*Pulmonary Rehabilitation Program
McLaren Regional Medical Center*

Cycle of Debilitation from Respiratory Disease

You first feel short of breath from moderate exertion.



You then avoid such activities to control shortness of breath. But lack of activity causes muscles to weaken and weak muscles use more oxygen than strong ones.



You soon feel short of breath from mild exercise, such as walking, and may make the mistake of further avoiding exercise.

As the body further weakens, you can become short of breath when bathing, dressing and even at rest.



Spec Info:

**Break this downward cycle !!!
Exercise and stay active !!!**

